WHAT IS CLAIMED IS:

1. A laminate comprising a metal layer which is formed on and covers the surface of an insulating substrate activated by the plasma treatment by any method selected from a sputtering method, a vacuum depositing method and an ion plating method, wherein the substrate is obtained by molding a resin composition containing 20 to 150 parts by mass of a fibrous filler having an average fiber diameter of 0.1 to 5 μm and an average fiber length of 10 to 50 μm relative to 100 parts by mass of a base resin comprising a thermoplastic resin and a thermosetting resin.

2. The laminate according to claim 1, wherein 1 or 2 or more resins having at least 1 bond or functional group selected from an amido bond, a sulfide group, a cyano group, an ester group, a sulfone group, a ketone group, and an imido group are used as the base resin.

3. The laminate according to claim 2, wherein 1 or 2 or more resins selected from nylon 6, nylon 66, poly(phthalamide), polyphenylene sulfide, poly(ether nitrile), polyethylene terephthalate, polybutylene terephthalate, polysulfone, poly(ether sulfone), poly(ether ether ketone), poly(ether imide) and melt-type liquid crystal polyester are used as the base resin.

4. The laminate according to claim 3, wherein poly(phthalamide) is used as the base resin.

5. The laminate according to claim 3, wherein melt-type liquid crystal is used as the base resin.

6. The laminate according to claim 1, wherein titanate is used as the fibrous filler.

7. The laminate according to claim 1, wherein borate is used as the

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fibrous filler.

8. The laminate according to claim 1, wherein wallastonite is used as the fibrous filler.

9. The laminate according to claim 6, wherein at least 1 selected from potassium titanate, calcium titanate, and barium titanate is used as the titanate.

10. The laminate according to claim 7, wherein at least 1 selected from aluminium borate and magnesium borate is used as the borate.

11. The laminate according to claim 4, wherein at least 1 selected from titanate, borate and wallastonite is used as the fibrous filler.

12. The laminate according to claim 1, wherein the resin composition further contains an unshaped powdery filler having an average particle size of 0.1 to 20 μm.

13. The laminate according to claim 1, wherein the resin composition further contains of a spherical filler having an average particle size of 0.1 to 20 μm.

14. The laminate according to claim 12, wherein wallastonite is used as the fibrous filler and kaolin is used as the unshaped powdery filler.

15. The laminate according to claim 13, wherein aluminium borate is used as the fibrous filler and silica is used as the spherical filler.

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